



Certification Examination Prep Resources

Use this list of resources to prepare for content featured on the CWP certification examination. This list is not intended to be exhaustive; you are encouraged to seek out additional resources and training that align with the NWI Wellness Promotion Competency Model to prepare for the certification examination.

MODELS & THEORIES

- ☐ [NWI Wellness Promotion Competency Model](#) (National Wellness Institute)
- ☐ [Six Dimensions of Wellness: Defining & Assessing Wellness](#) (National Wellness Institute)
- ☐ [Theory at a Glance: A Guide for Health Promotion Practice](#) (National Cancer Institute)
- ☐ [Self-determination Theory](#) (Center for Self-determination Theory)
- ☐ [Transtheoretical Model/Stages of Change](#) (ProChange)

ADDITIONAL RESOURCES

- ☐ [NWI Journal Articles](#) (NWIJournal.com)
- ☐ [21-day WELL Challenge](#) (National Wellness Institute)
- ☐ [Wellness Champion Workbook: Leading the Change](#) (National Wellness Institute)
- ☐ [National Wellness Institute Multicultural Wellness Wheel](#) [PDF]
- ☐ [Social Determinants of Health](#) (Healthy People 2030)
- ☐ [Healthy Equity](#) (Centers for Disease Control and Prevention [CDC])
- ☐ [Understanding Bias](#) (The Jed Foundation)
- ☐ [Emotional Intelligence](#) (Harvard Business School)
- ☐ [Active Listening](#) (United States Institute of Peace)
- ☐ [Motivational Interviewing](#) (MINT)

NATIONAL WELLNESS INSTITUTE ON-DEMAND COURSES & WEBINARS

- ☐ [Building Self-awareness & Multidimensional Wellness for Personal & Professional Growth](#)
- ☐ [Leading Well Through Authenticity, Autonomy, & Awareness](#)
- ☐ [Legal & Ethical Principles for Wellness Professionals](#)
- ☐ [Healthy Lifestyle Basics \(5 On-demand eLearning Courses\)](#)
- ☐ [Wellness in Clinical Practice Certificate Course](#)
- ☐ [On-demand Webinars](#)